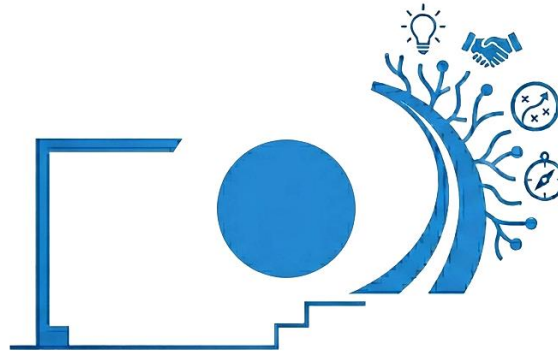


# HUMAN WORK AUDIT

*Escape the Mechanical. Become Indispensable.*

**By Rohit R Chowdhry**

*Unlocking Human Potential in an AI World*



## INTRODUCTION

This is not just a questionnaire. It is a reflection tool to help you understand:

- what part of your work is already becoming irrelevant
- what part will make you indispensable
- how to move into that space – deliberately

We are at a turning point. With AI and technology advancing rapidly:

Anything that is repetitive, rule-based and predictable...is slowly moving away from humans.

Not overnight. But inevitably.

So the real question is not: *How do I learn AI?*

The real question is: *What part of my work should I move towards... that AI cannot replace?*

This worksheet will help you:

- ✓ Identify what is **at risk**
- ✓ Recognize what is **uniquely human**
- ✓ Find your **Goldilocks Zone**
- ✓ Take **deliberate action**

Take your time. Be honest. Clarity is the starting point for any meaningful shift.















## SELF-SCORING (QUICK DIAGNOSTIC)

Rate yourself on a scale of **1 to 5**:

1 = Mostly Mechanical ----- 5 = Strongly Human / Strategic

Area	Score (1–5)
Repetitive vs Creative Work	
Rule-based vs Judgment-based	
Execution vs Strategy	
Low Impact vs High Impact Contribution	
Automation Risk vs Human Value	

### What Your Score Really Means

#### 1–2: High Risk Zone

- Work is mostly repetitive and rule-based
- High exposure to automation

Focus: Move from **doing** → **thinking**

#### 3: Transition Zone

- Mix of mechanical and human work
- You are at a turning point

Focus: Increase **judgment, influence, creativity**

#### 4–5: Human Value Zone

- Work is strategic, creative and influence-driven
- Hard to replace

Focus: Scale impact and leadership

### Identify Your Gap

- What is still mechanical?
- What is already strong?
- What is the **one capability** to build?

### Connect to Your Goldilocks Zone

Not too easy (replaceable)

Not too overwhelming (unsustainable)

Just right (growth + meaning)

### Decide Your Shift

- One part I will make less mechanical: \_\_\_\_\_
- One capability I will build: \_\_\_\_\_
- One action in next 7 days: \_\_\_\_\_



## FINAL THOUGHT

AI will not replace you. But it will expose:

- what is mechanical
- what is average
- what is replaceable

And amplify:

- what is human
- what is creative
- what is meaningful

The question is not: *Will AI change your work?*

The question is: **Will you?**

**If you'd like to go deeper, I offer:**

- Executive coaching
- Leadership workshops
- Talks on navigating the future of work

Feel free to reach out.

